

# Drying Foods at Home

By

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## VITAMIN VALUE OF DRIED FOODS

Yellow and green vegetables are a good source of vitamin A. Most vegetables are fairly rich in water soluble vitamin B complex. The water in which vegetables and fruits are soaked and cooked will contain much of the water soluble vitamin of the product and should not be discarded. Water soluble vitamin C is found abundantly in leafy vegetables, tomatoes, string beans and peppers.

Considerably more water soluble vitamin C and B are saved if the vegetables are blanched in steam instead of boiling water.

In drying the unblanched vegetables most of the vitamin C is lost. Sulphuring is not advised for vegetables. Most fruits need to be sulphured or dipped in a solution that will help prevent loss of vitamin C and loss of color. Vitamin B<sub>1</sub> is well retained in dried fruits except where sulphur is used. The rest of the vitamin B complex is thought to be more stable. Losses of vitamin B in most dried vegetables are thought to be small if the food is dried rapidly.

Vegetables dried by controlled heat instead of by sun drying are better in color, flavor and vitamin A.

## DRIED FRUIT

Fruit	Form for Drying	Time Table for: Sulphuring or Standing in Solution	Temperature for drying when heat other than sun is used	Approximate yield in lbs. of dry per 25 lbs. of fresh
Apples	Peel, core and cut into eighths or slice in $\frac{1}{4}$ in. rings.	Solution—30 minutes, or Sulphur—30 minutes	Start at 130°F. and Finish at 175°F.	3 to 4
Apricots	Wash, cut in half and pit.	Sulphur—2 hours	Start at 125°F. Finish at 165°F.	3½ to 6
Figs	Full ripe on tree. Leave $\frac{1}{8}$ inch stem on figs.	To 6 qts. figs add 1 cup soda and 1 gallon boiling water. Stand 5 minutes. Drain and rinse well. Place in single layer on trays	Start at 120°F. Finish at 145°F.	8 to 10
Peaches or Nectarines	Tree ripened. Wash, split in half. Remove stone. Place cut pieces on tray.	Sulphur—3 hours	Start at 125°F. Finish at 165°F.	2½ to 6
Pears	Finish ripening off tree. Re- move stem and split into halves or quarters. Remove core and central woody tis- sue.	Solution—30 minutes, or Sulphur 3 hours. (best)	Start at 130°F. Finish at 175°F.	3½ to 6

### This Is How To Sulphur Fruit. Do It Out of Doors.

Place one teaspoon of sulphur per pound of prepared fruit in a small piece of paper, roll it loosely and twist the ends. Then place it in a pan. Place the pan below the tray or trays of cut fruit so they will not come into direct contact with burning sulphur. Light the paper. Then quickly place a tight box or barrel over the trays and the pan. The covering should be tight enough to prevent loss of the fumes. Time to sulphur each fruit is listed in the table.

(Directions for Drving Vegetables on Reverse Side.)

## DRIED VEGETABLES

Vegetable	Form for Drying	Blanching	Temperatures for drying when heat other than sun is used	Approximate yield in lbs. of dry per 25 lbs. of fresh
Beans, green snap	¾ to 1 in. lengths	Steam 15 to 20 minutes	155°F.	2 to 3
Beans, Lima	Shelled beans green	Steam 10 minutes	155°F.	2 to 3
Broccoli (Jerusalem)	Small stalks trimmed	Steam 10 to 12 minutes	150°F.	no data
Cabbage	Thin slices as for kraut	Steam 2 minutes	150°F.	1½ to 2½
Carrots, & Turnips, & Parsnips	Peeled thin, sliced, diced or shredded	Steam 6 to 10 minutes	160°F.	2 to 3
Celery	Short lengths or shredded	Steam 1 to 2 minutes	145°F.	1 to 2
Corn	Cut from cob after blanching	Steam or boiling water 15 to 20 minutes on the cob	160°F.	2 to 3
Onions	Peeled, sliced thin	No blanch or 1 to 2 minutes steam	140°F.	2½ to 3½
Okra	Sliced	Steam 4 to 8 minutes	150°F.	2 to 3
Peas	Green, shelled, cleaned and sorted	Steam 3 to 10 minutes	150°F.	2 to 3½
Potatoes (white)	Peel precooked or steamed potatoes, slice, dice or rice	Precook or steam 5 to 10 minutes	150°F.	4 to 5
Potatoes (sweet)	Peel precooked or steamed potatoes, slice, dice or rice	Precook or steam 6 to 8 minutes	160°F.	6 to 7
Pumpkin & Yellow Squash	Peeled, cut in slices	Steam 3 to 8 minutes	155°F.	1 to 2
Peppers & Pimentos	Whole	No blanch	160°F.	no data
Greens	Sorted, trimmed leaves	Steam 2 to 5 minutes	150°F.	¾ to 1½
Tomatoes	Peeled, sliced	Steam 1 to 2 minutes or no blanch	150°F.	¾ to 1¾

**Note:** Steaming instead of precooking in water recently has been found to make a more desirable product, when the dried vegetables are finally prepared for serving. Steaming also leaves the vegetables higher in vitamin and mineral content.

**To Steam:** Put one inch of water in a large container. Place prepared vegetables on rack or in a small container within the larger one. In either case be sure that the boiling water does not touch the product but that the steam comes in contact with all parts of the vegetables. Cover the big kettle with a well fitting lid. Count time given in table after the large container is full of steam.

See C-170 "Drying Foods at Home" for other necessary information on equipment on handling the product before drying and on storing them for safe keeping afterward.